

## Healthy Kids Act Foods Assessment Tool

The following tool is intended to help schools evaluate their compliance with the Healthy Kids Act Nutritional Content Standards for *A la Carte, Vending, and Regulated Fundraising.* 

A la Carte (Assessed by School Food Service Personnel)	
Vending (Assessed by Administrator/Business Manager/Other Designee)	
Regulated Fundraising (Assessed by Administrator/Business Manager/Other Designee)	
Step 1:	Identify and list all entrées and sides in a la carte/vending/regulated fundraising.
\$tep 2:	For each item, answer the following question:
	Is the item a National School Lunch Program (NSLP) entrée/side offered in the same portion size and frequency as it appears on the NSLP menu? yes no
	If <b>yes</b> , the item does not need to meet the Healthy Kids Act Nutritional Content Standards and can be sold in the same portion size and frequency it is served on the NSLP menu (need not be the same day). Note: It is recommended schools keep a binder to document each item's menu frequency and number of times available on the a la carte line.
	If <b>no</b> , proceed to Step 3.
Step 3:	Enter the food item into the Healthy Kids Act Nutrition Calculator and answer the following question:
	Does the item meet the Healthy Kids Act Nutritional Content Standards? yes no
	If <b>yes</b> , print the nutrition calculator response (print screen) and store in a binder with all other approved items. This food product will be allowed. <i>Note: It is recommended schools keep a separate binder for approved a la carte, vending, and regulated fundraising items.</i>
	If <b>no</b> , this item will not be allowed under the Healthy Kids Act Nutritional Content Standards. Proceed to Step 4.
Step 4:	Replace items that do not comply with the Healthy Kids Act with options that do comply, according to the nutrition calculator.
\$tep 5:	After ensuring that all food options meet the Healthy Kids Act Nutritional Content Standards, make sure offerings in a la carte/vending/regulated fundraising include at least two (2):
	fruits OR non-fried vegetables
	With no more than one of these being a juice option.
Step 6:	Ensure that at least 50% of the a la carte/vending/regulated fundraising grain offerings are considered whole grains (primary ingredient by weight). For example, if the a la carte line contains six grain items, at least three must be whole grain.